

TODAY

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Loma Linda University Health

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Loma Linda University Health 12th annual PossAbilities Triathlon promises fun for athletes and their families

By Herbert Atienza

More than 1,000 physically challenged and able-bodied athletes will compete side by side at the upcoming Loma Linda University Health 12th annual PossAbilities Triathlon.

The annual triathlon is sponsored by the San Manuel Band of Mission Indians, who will present a sponsor’s check for \$200,000 during the event.

The triathlon is set for 7:00 a.m., Sunday, April 27, at Loma Linda University Drayson Center, 25040 Stewart Street, in Loma Linda. To register, go to www.active.com and search for PossAbilities Triathlon.

The popular event includes a 5K run/walk/roll, a kid’s triathlon (quarter-mile run, quarter-mile bike, and 25-yard swim), and an adult triathlon (3.1-mile run, 11-mile bike, and 150-yard swim), where physically challenged athletes compete alongside able-bodied athletes.

This year’s event also features popular entertainers Judy and David, award-winning stars of television and stage, also known as

“Canada’s Sing Along Superstars,” who will provide entertainment at 10:00 a.m., following the kids’ race.

The duo will perform “JiggiJump,” an energetic combination of music, movement, and narrative adventure that will inspire young children to be physically active.

“We’re very excited for the 12th edition of the Loma Linda University Health PossAbilities Triathlon,” says PossAbilities director Pedro Payne, “which keeps growing every year and is becoming a must-attend event for both our physically challenged and able-bodied athletes and friends.”

He adds, “We are also very excited to power up the entertainment portion of the event with the appearance of Judy and David, whose live concert tours have already inspired hundreds of thousands of school children to JiggiJump.”

The annual PossAbilities Triathlon raises funds for PossAbilities, a community outreach program developed by Loma Linda University Medical Center East Campus and supported by founding partner the San Manuel Band of Mission Indians, as well as



Loma Linda University Health’s 12th annual PossAbilities Triathlon, set for April 27, is expected to draw more than 1,000 physically challenged and able-bodied athletes to compete.

event sponsors Inland Empire Health Plan (IEHP) and Molina Healthcare.

The primary goal of the PossAbilities program is to offer physically challenged people—those born with or who have permanent physical challenges—with a sense of community by offering activities and practical help.

Nursing research studies seek to improve patient experience

By James Ponder

Three nursing researchers from Loma Linda University Health—Darlene Gonzalez, Jane Pfeiffer, and Robin Pueschel—are seeking to improve outcomes through studying the effects of education, music therapy, and the creation of healing environments on hospitalized patients.

In the first study, Gonzalez—a cardiac progressive care unit nurse and part-time educator at Loma Linda University Medical Center Murrieta, who is studying for her

master’s degree in nursing—examines how patients readmitted to the hospital within 30 days of being treated for congestive heart failure (CHF) perceive the quality of education they received at the time of their previous admission.

“When many of these patients are readmitted,” Gonzalez observes, “they do not have any idea why the readmission happened or how they could have prevented it.” She adds that many of them did not recall important components of the instruction they received.

“The patients who are admitted many

times had problems understanding that they needed a specialized diet, a fluid restriction, how important medications such as Lasix and beta blockers are, and how important it is to weigh themselves every morning,” she notes. “It is assumed that these patients enjoy a better quality of life, have fewer readmissions, and be happier if we could help them understand how important being compliant is through quality education.”

To find the answers she seeks, Gonzalez is interviewing 20 to 30 CHF patients, all of whom are 18 years of age or older. She has found one strong indicator from the interviews conducted thus far.

“So far, the patients surveyed overwhelmingly agree that the education received at discharge was harder to understand due to stress and anxiety,” she reports, “than it would have been if it had been done on an outpatient basis.”

Gonzalez notes that her employing facility does not receive Medicare reimbursement for patients readmitted within 30 days of their initial admission for the same complaint.

“Hospitals are losing money on a daily basis,” she remarks, “and it is important to find the reasons for this problem and come up with a solution.”

She says improvements to the timing and repetition of patient education for recovering CHF patients will offer four other important benefits: first, it will help patients live longer and happier lives; second, it will decrease the number of patients readmitted to the hospital; third, it will reduce a major inconvenience for patients and their families; and fourth, it will minimize the financial burden on patients and families.

In the second study, Pueschel—a stu-

dent in the doctor of nursing practice degree program at Brandman University—will evaluate whether listening to music within the first 48 hours after knee replacement surgery improves levels of pain and overall satisfaction reported by patients.

In noting that osteoarthritis, a common disorder in adults above the age of 65, often leads to the need for knee replacement surgery, Pueschel says that “postoperative pain can be a major concern and knee replacement patients generally have more postoperative pain than other surgical patients.”

He continues, “Music listening has been shown to affect pain through distraction, relaxation, and the release of endogenous opiates. Research has shown that incorporating music listening into a multimodal approach to pain management can help aid in reducing postoperative pain, which can then affect recovery time and increase patient satisfaction.”

To determine whether listening to music actually works as a therapeutic intervention in pain control, Pueschel will follow 10 patients between the ages of 50 and 70 as they recover from knee surgery on unit 1200 at Loma Linda University Medical Center East Campus.

In the third study, Pfeiffer—a student in the PhD degree program at Loma Linda University School of Nursing—gathered data from two Southern California hospitals “to explore the strategies Christian nurses use to create a healing environment and enhance well-being for non-end-of-life, hospitalized patients from admission forward.”

In gathering and analyzing her data, Pfeiffer used a method known as Glaserian grounded theory, which utilizes a reverse-engineered hypothesis. Instead of starting

Continued on page 8



Three nursing researchers from Loma Linda University Health are seeking to improve the patient experience by evaluating the education, pain perception, and satisfaction of hospital patients. (Left to right): Darlene Gonzalez, Jane Pfeiffer, and Robin Pueschel.

Many Strengths. One Mission.

Living by prevention— personally and professionally

By Briana Pastorino

Loma Linda University Health encourages each of its family members—students, staff, faculty, and patients—to personalize the organization's focus on wholeness, or "Live It."

One individual who is doing just that is Sonny Pak, a family medicine and preventive medicine resident at Loma Linda University Health. While prevention is part of his profession, it is also something he lives by.

"Wholeness at Loma Linda University Health is important to me," Pak says. "The belief in a higher power is very calming and allows the patient to learn about and focus on hope." Pak believes that hope gives the power to treat, heal, and prevent while giving relaxation, which helps the body strengthen and heal.

Helping others is important to Pak. As part of his residency, he works at the VA hospital in Loma Linda, focusing on addic-

tion and post-traumatic stress disorder (PTSD). Additionally, he teaches classes about smoking, diabetes, and weight management, and he also observes on these units. Pak helps his patients learn how to start slowly and make needed changes and, most importantly, stay positive.

"As a preventive medicine resident, I enjoy teaching others about wholeness. It gives me more time to work with my patients and to understand them."

When he is not caring for patients, Pak keeps a balanced lifestyle, maintaining a healthy diet by eating colorful foods and getting lots of exercise.

He has a background in Chinese medicine and loves Tai Chi, a Chinese martial art. Pak says those activities give him the ability to get in tune with his own breathing and keep him from sedentary activities such as watching television.

His "Live It" advice? "Try to smile every day. Be happy!"

How do you "Live It?"

School of Dentistry introduces associate and assistant deans

Contributed report

Yiming Li, PhD, DDS, MSD, and John (Jack) Burdick IV, MBA, are now serving the School of Dentistry as associate dean for research, and assistant dean for finance and administration, respectively.

Speaking of Li, Ronald Dailey, PhD, dean, says, "This is a well-deserved appointment that reflects the elevated stature Dr. Li has achieved in Loma Linda University and the broader academic dental community."

Li joined Loma Linda University in 1997 as professor and director of the Biocompatibility and Toxicology Research Center until 2002, when he became director of the clinical research program for LLU School of Dentistry. In 2004, Li assumed leadership as director of the Center for Dental Research at LLU.

Li has mentored numerous clinical faculty members as they developed research programs. In addition, he has helped build the student and resident research programs

to a level that has enabled LLU School of Dentistry students to garner many state and national awards.

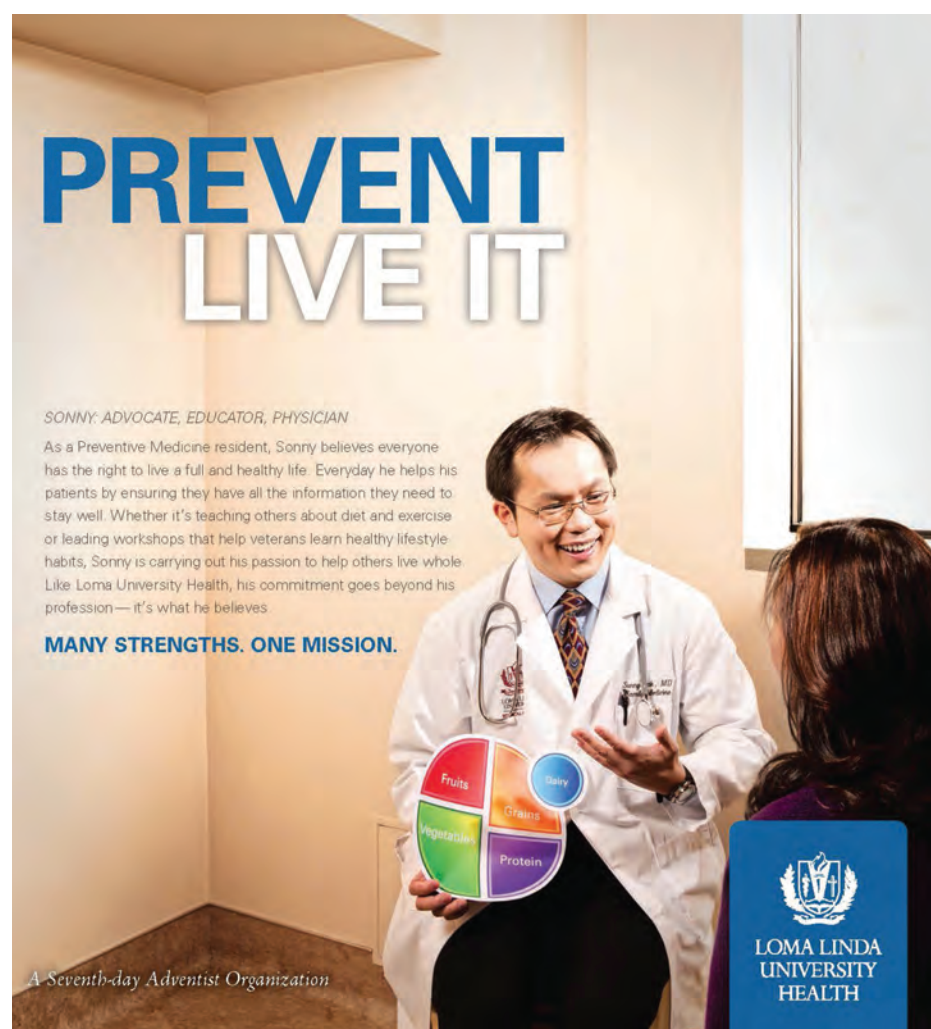
Prior to LLU, Li served at Indiana University for 10 years in research, professorial, and administrative capacities.

Burdick, who has 24 years of experience in accounting, finance, information technology, and financial aid, comes to the school from Kettering College, where he served as senior finance administrator.

He will direct the fiscal priorities and operational integrity of the School of Dentistry, and will ensure compliance with university policies and procedures.

These priorities include the implementation of financial controls, the development of pay scales, and the delivery of financial communications. He will also represent the school on several LLU financial and human resource administrative committees.

Daily observes, "We are delighted that Mr. Burdick has accepted our invitation to be the new assistant dean for financial



administration for the School of Dentistry.

"His professional profile includes the academic pedigree, rich experience in aca-

demic and hospital accounting, and the personal characteristics and values we were seeking in a new chief financial officer."



Yiming Li, PhD, DDS, MSD



John (Jack) Burdick IV, MBA

Rosemary White-Traut to highlight nursing research conference at LLUH

By James Ponder

Rosemary C. White-Traut, PhD, director of nursing research at Children's Hospital of Wisconsin Research Institute, will be the featured speaker at the 15th evidence-based practice and nursing research conference.

The conference will take place on the campus of Loma Linda University Health on Monday, May 5.

The day's events, which will be held in the Wong Kerlee International Conference Center, are scheduled to begin at 8:00 a.m. and conclude at 4:00 p.m. White-Traut will address the conference from 8:30 to 10:00 a.m.

According to Patti Radovich, PhD, manager of nursing research at Loma Linda University Medical Center, White-Traut is one of the country's leading authorities on the care of premature infants.

"Dr. White-Traut is a highly regarded

researcher and leader in the study of premature infants and their mothers," Radovich observes.

She points out that White-Traut and her associates developed and tested the Hospital to Home: Optimizing the Infant's Environment (H-HOPE) intervention for mothers and their premature infants.

The H-HOPE procedure was tested in a randomized clinical trial of 198 premature infants born between the ages of 29 to 34 weeks gestation.

The study found that, when mothers with at least two social environmental risk factors—such as minority status or less-than-high-school education—were monitored along with their infants, making sure they were engaging in a variety of daily interventions designed to stimulate the infants' auditory, tactile, visual, and vestibular responses, the infants were much more likely to develop social interaction patterns essential for optimal development.

"In this program," Radovich reports, "mothers learn how to read and respond to their infant's behavioral cues while administering an infant-directed multisensory developmental interaction."

Apparently the infants weren't the only ones who benefited from the procedure.

"This program has been shown to reduce maternal depression, anxiety, and post-traumatic stress while improving maternal-infant behaviors," she adds. "It has also resulted in earlier hospital discharge with reductions in post-discharge illnesses, as well as improvements in developing more optimal patterns of mother-infant interaction."

Radovich notes that April 25 is the last day to register for the conference, and that admission is free to LLU students, faculty, and employees.

There is a fee of \$50 for members of Adventist Health System as well as students and faculty from other educational institutions, and \$100 for all others.

Continuing education credits are available, and a continental breakfast and lunch are included.

For more information or to register, go to the OWL Portal website at <http://myllu.llu.edu/owl> or email PRadovich@llu.edu.



Rosemary C. White-Traut, PhD, director of nursing research at Children's Hospital of Wisconsin Research Institute and one of the country's leading authorities on the care of premature infants, will deliver the keynote address at the 15th evidence-based practice and nursing research conference, on Monday, May 5, in the Wong Kerlee International Conference Center at Loma Linda University Health.

Guild to present evening of fashion and music to benefit LLU Children’s Hospital

By James Ponder

Inland Empire fashionistas are cordially invited to a special fashion show sponsored for the benefit of Loma Linda University Children’s Hospital by members of the Big Hearts for Little Hearts Loma Linda Guild.

Titled “Carolyn’s Closet: an Evening of Fashion and Music,” the event will be held at 6:30 p.m. on Wednesday, May 7, in the rotunda of the Centennial Complex at Loma Linda University Health.

According to event coordinator Leigh Anderson, proceeds from the show will go toward the purchase of a fetal heart monitor and rocking chairs for use in the pediatric emergency department.

She adds that Carolyn’s Closet is designed to showcase the latest styles for two particular groups.

“We’re breaking new ground with this event,” Anderson says. “The target groups are teenagers and their moms. Some members of the younger group were patients at

Children’s Hospital when they were kids. “Carolyn’s closet is every woman’s closet,” she continues. “The fashions presented embody the heart of this year’s trends.”

The event marks the first time the guild has hosted a fashion show.

“With this new event,” she says, “we want to engage the community on the campus where it all happens. We want them to see our students in the classrooms and halls of the Centennial Complex.”

She continues, “We handpicked two vendors for the event. For teens, we selected Le Roy’s Shoes & Clothing, and for the adults, we chose Chico’s.”

Anderson found an enthusiastic reception at both stores, and noted that their managers were eager to get involved.

“Lorraine Nygren, manager of Chico’s in Riverside, has a grandchild who was treated at Loma Linda University Children’s Hospital,” Anderson notes. “She is eternally grateful for the care her little one received. This is her motivation for wanting to help.”

While Chico’s is a national brand, Le



Leigh Anderson, event coordinator for a special fashion show sponsored for the benefit of Loma Linda University Children’s Hospital by members of the Big Hearts for Little Hearts Loma Linda Guild, pauses to admire a sculptural installation on a wall in the Centennial Complex rotunda where the May 7 event will take place.

Roy’s is a local Inland Empire company started by a young entrepreneur who named it after her grandfather. “Le Roy’s is very fashion-forward for the hip younger generation,” Anderson observes.

The models selected for the event rep-

resent the two target demographics. “The first are students from local high schools,” Anderson says. “The second are Inland Empire women who have big hearts for little hearts. The Loma Linda University catering service is preparing the cuisine, and small bites, both savory and sweet, will be available for purchase. Colorful boutiques will offer a variety of fashionable items and accessories for sale.”

In addition to individual tickets at \$30 per person, sponsorships are available in a variety of denominations ranging from \$500 to \$10,000. Individuals interested in purchasing tickets or learning more about the event are invited to go online at www.lluch.org.

“Please join us for a wonderful evening of fashion and music,” Anderson concludes, “and support the medical miracles so many children desperately need.”

Whole-person cancer care focuses on treating people, not diseases

By James Ponder

When patients arrive at the James M. Slater, MD, Proton Treatment and Research Center at Loma Linda University Medical Center, they discover an unexpected bonus—the organization’s signature focus on whole-person care.

According to J. Lynn Martell, DMin, director of special services, whole-person care addresses the physical, social, psychological, and spiritual needs of people with cancer in addition to offering medical treatment. These extra dimensions of care significantly enhance the healing process and elevate patient satisfaction.

Since individual responses to cancer range from fairly positive to high levels of anxiety, stress, and depression, the LLUMC program accommodates the specific needs and preferences of each individual.

“Most patients who are beginning treatment are frightened about what to expect,” Martell observes. “It’s natural for them to worry about potentially succumbing to the disease. But by the time we complete their orientation, many of their fears are greatly eased because we emphasize how they’re going to live. Treatment takes place in the

Continued on page 4

CAROLYN'S CLOSET

An Evening Of Fashion And Music

Our 2014 fashion show will be held at the Loma Linda University Centennial Complex. Funds raised will benefit Loma Linda Children’s Hospital; contributions will underwrite the purchase of a fetal monitor and rocking chairs for use in the pediatric ER.

Please join us for a wonderful evening of fashion, music and support the medical miracles so many children desperately need.

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Big Hearts for Little Hearts 2014 Fashion Show

Fourth annual Black History Vespers and Dinner focuses on the future

By James Ponder

Students, faculty, and alumni gathered recently to celebrate past achievements and emphasize the importance of making positive history today at the fourth annual Black History Vespers and Dinner, which was held in the Wong Kerlee International Conference Center of Loma Linda University Health.

The event—which was sponsored by Loma Linda University (LLU) School of Medicine—opened with a welcome from Daisy D. De Leon, PhD, assistant to the dean for diversity, followed by remarks by Roger Hadley, MD, dean of the school, and uplifting musical tributes from vocalist and recording artist Peggy Conner of Riverside, as well as David Fisher, a fourth-year medical student who sang and played his guitar.

The keynote address—“Pay it forward: celebrating black history in the future”—was delivered by Curtis Fox, PhD, department chair and professor of counseling and family sciences at LLU School of Behavioral Health and adjunct professor at the Adventist Theological Seminary in Michigan.

In her welcome, De Leon recounted the genesis of Black History Month observances on campus.

“Black History Month at Loma Linda celebrates the accomplishments of African Americans in the U.S. and as Adventists,” she observed. “It reminds us of the value of God’s creation, and the love He shares for all of us. Five years ago, the office of diversity decided to celebrate the commitment and dedication to service of our black

Adventist physicians.”

De Leon noted that from that beginning, the LLU School of Medicine has observed Black History Month with an exhibit, dinner, and vespers honoring distinguished African Americans as well as mentors and students.

In recalling the highlights of previous events, she pointed out that Ruth Janetta Temple, MD, the first African American woman to graduate from LLU School of Medicine, was honored at the 2010 event along with Ben Carson Sr, MD, celebrated neurosurgeon, author, and political columnist. The 2011 event focused on distinguished African American surgeons. Special honorees that year were the Williams brothers, three LLU School of Medicine alumni dedicated to family care. The 2012 event recognized Dexter Frederick, MD, founder of the B.E.S.T. program that helps young people achieve success in academics and life, and surgeon, entrepreneur, and civil rights leader T.R.M. Howard, MD. Last year, the event featured Leroy Reese, MD, associate dean of the LLU School of Medicine, for his outstanding work as a physician and mentor.

“God has blessed us,” De Leon concluded, “by reminding us that we have a call

to serve, to lead, to become mentors, and to excel as healers.”

In his keynote address, Fox tackled the need to make positive history today for future generations to build on tomorrow. “There is a generation coming up behind us,” he observed, “and we will be part of their history.”

By infusing his comments with stories, many drawn from personal experiences of encountering prejudice and racial discrimination, he provided a touchstone for his observations on the need to transcend negative situations.

In describing the challenges blacks have historically faced in employment, law enforcement, education, and housing, Fox acknowledged that, while challenges still remain and it’s easy to conclude much has changed, “what can and must change is our response to the prevailing circumstances around us.

“We short-circuit ourselves when we do not think wisely about ourselves,” he continued. “We must move beyond blaming our historical masters, and I think we’ve done that. Let us keep the goal in mind, inching toward it. Life is not a sprint; it’s a long-distance race.”



Curtis Fox, PhD, department chair and professor of counseling and family sciences at Loma Linda University School of Behavioral Health, and adjunct professor at the Adventist Theological Seminary in Michigan, delivers the keynote address at the 2014 Black History Vespers and Dinner, held recently in the Wong Kerlee International Conference Center.

Fox spoke of the importance of the family structure and positive family engagement in addressing present social challenges for people of color and for creating a framework for lives of purpose and integrity.

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Whole-person cancer care ...

Continued from page 3

proton gantries, but healing is a process.”

Multiple aspects of healthy living are offered to proton patients at LLUMC. Since many of them must leave home throughout the six to nine weeks of treatment, a local support network is an important priority. Weekly social activities—potluck dinners, local restaurant tours, educational seminars, and disease-specific support groups—help them find comfort in sharing common experiences and feelings. Nutrition classes and a complimentary membership at the Drayson Center recreation complex integrate healthy living into their daily routines.

To ensure that healing continues after patients graduate, LLUMC is developing a progressive, comprehensive cancer survivor program. According to Carol Davis, PsyD, DrPH, education director, “The program will help patients get back to normal as quickly as possible, while at the same time improving their quality of life.”

“Most of our patients literally undergo a life-transforming experience here at LLUMC,” Martell adds. “Since we are a Seventh-day Adventist hospital, we strongly emphasize the importance of a spiritual connection to the healing process and encourage our patients to seek spiritual support in their own denomination or religious support system.” To that end, patients are provided a list of local religious resources.

“The comprehensive approach we take with patients by focusing on each of them as a whole person, physically, mentally, and spiritually, sets LLUMC’s proton treatment center apart,” Martell concludes.

For more information about the James M. Slater, MD, Proton Treatment and Research Center and whole-person care, please call 800-776-8667 or visit the center online at www.protons.com.

Sunday | May 4, 2014 | 5:00 PM

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Symphony No. 5

RACHMANINOFF
Piano Concerto No. 3
Norman Krieger, Piano



Norman Krieger

Loma Linda University Health

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A tip to create fabulous meals: discover seasonal fruits and vegetables at Loma Linda Farmer’s Market

By Nancy Yuen

Creating vegetarian meals doesn’t have to mean that food is less tasty. At a recent banquet at the Riverside Convention Center, 30 guests changed their orders that featured meat to the vegetarian option—grilled vegetarian chicken served with asparagus, roasted kabocha squash, and Peruvian potatoes.

Chefs have learned techniques taught in professional kitchens and work full-time creating menus that please their clients. How can a busy home cook avoid processed food while creating similar tasty meals with fresh vegetables and fruits?

Loma Linda University Health nutritional expert Chef Cory Gheen, MS, an instructor for nutrition and dietetics in the School of Allied Health Professions, is passionate about teaching both professional and home cooks

that healthy food can be delicious. Gheen recently offered a tip to instantly elevate meals made at home. Instead of choosing a recipe and then visiting the produce section only to find the main ingredient unripe or wilted, begin with a visit to the market or stroll through a local farmer’s market. See what’s in season—you may find juicy, ripe peaches or just-picked sweet corn. Next, choose a recipe to highlight that ingredient. Don’t be afraid to use the recipe as a starting point and improvise. “Meals prepared this way, prepared simply, are delicious,” he says. “The seasonal ripe fruit and vegetables are the stars.” This week at the Loma Linda Farmer’s Market, seasonal offerings included leeks (photo on right) and other vegetables, as well as juicy red strawberries and sweet oranges. The Loma Linda Farmer’s Market is open from 4:00 to 7:30 p.m. every Tuesday night.



Deputy vice-chancellor of Pacific Adventist University visits LLUH

By James Ponder

Tracie Mafile’o, PhD, deputy vice chancellor of Pacific Adventist University (PAU) in Port Moresby, Papua New Guinea, visited Loma Linda University Health on Monday, April 7.

The deputy vice chancellor was on her way home after attending the annual spring meeting of the International Board of Education at the headquarters of the General Conference of Seventh-day Adventists in Silver Spring, Maryland.

“The big picture reason I wanted to come to Loma Linda,” Mafile’o observes, “is to build connections with other Adventist universities. We are looking for opportunities to upgrade faculty teaching in the health sciences program at our institution and to establish research connections as well.” She also noted that PAU is seeking to build more master’s and doctoral degree programs into its curriculum.

The day provided Mafile’o with multiple

opportunities to discuss items of interest to both universities. She toured the Centennial Complex with Cherrie Martin, administrative assistant in the department of enrollment management, and the Medical Center with Mary Clement, tour coordinator for the office of public affairs. She had lunch with Marilyn Herrmann, PhD, dean of the School of Nursing, in the faculty dining room at Coleman Pavilion. In the afternoon, Mafile’o took part in a discussion on intellectual property issues in the Del E. Webb Memorial Library with Carlene Drake, MSLS, director of university libraries; Carol Grande, MEd, director of technology transfer; and Anthony Zuccarelli, PhD, associate vice president for research affairs. The final stop on her itinerary—which was planned for her by Zuccarelli—was a meeting with Ronald Carter, PhD, provost of Loma Linda University.

“We are looking to continually upgrade our graduate programs,” Mafile’o reports, Continued on page 7



Tracie Mafile’o, PhD, right, deputy vice chancellor of Pacific Adventist University in Port Moresby, Papua New Guinea, recently met with officials at Loma Linda University Health. In this photo, she relaxes at the “Come Unto Me” sculptural installation at the entrance to LLU Medical Center with Cherrie Martin, left, administrative assistant in the department of enrollment management, and Mary Clement, tour coordinator for the office of public affairs.

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New Website



LOMA LINDA UNIVERSITY HEALTH

A volunteer shares her personal reasons for becoming involved

By Briana Pastorino

National Volunteer Week has come and gone, but the selfless dedication of the volunteers at Loma Linda University Health (LLUH) carries on every day. A prime example is Diane Bieber, who has been volunteering since 2003.

Bieber was diagnosed with breast cancer in 2000, and underwent all the treatment and hardships that came along with it. "I went through radiation, chemotherapy, surgery, and lost my hair," she recollects.

During her recovery, Bieber remembers an American Cancer Society volunteer dropping by, who simply came over to visit and bring a little gift to brighten her day. It was after that instance Bieber realized she wanted to do something to give back as well.

Bieber became involved with the Big Hearts for Little Hearts Loma Linda Guild benefitting Loma Linda University Children's

Hospital, visiting patients at their bedside and reading to them. However, while Bieber admits she did enjoy being with the children, she relates "it wasn't a good fit. I tried turning in my badge, but I remember being told 'volunteers don't quit,' so I didn't."

Bieber was soon reassigned to the adult oncology unit, handing out neck pillows.

"It was a door opener for me," she remembers. "I can relate to these patients because I've been through what they are going through. When I was sick, I loved being with my family; but I really wanted to talk to someone who could relate to what I was dealing with."

When the new Cancer Center opened in 2008, Bieber would deliver snacks and beverages to those patients receiving treatment. Now it is her Monday routine.

"I see the same patients most of the time," she relates, "and somehow we formed a bond." Bieber spends about two hours at the

Cancer Center. "It can be a stressful environment for the patients, and I destress it a little bit I think," she adds.

One of Bieber's standout moments was when she brought a red, white, and blue blanket to a veteran. "He teared up and thanked me so much," she recalls. "His wife and I are best buddies now. It's little things like that mean so much to these people."

Bieber is also keeping the volunteerism in the family. Her granddaughter, a college student, will begin volunteering at LLUH in May.

To show its appreciation for those who volunteer, LLUH provided a week full of fun April 6 through 12.

"The hospital had a wonderful party for all the volunteers, and they spoiled us!" Bieber smiles. "They had wonderful snacks, gift bags, and opportunity drawings. The supervisors are so neat to all the volunteers—really, really friendly, and welcoming."

Beth Rose, director of hospitality services at Loma Linda University Medical Center, oversees the 400 active volunteers on campus and echoes the Bieber's thoughts.

"Our volunteers donate their personal time to be part of the patient experience, and they are selfless, hardworking people," attests Rose. "We rely on our community of volunteers to help fulfill our global mission



Diane Bieber, left, visits with a patient.

of continuing 'the teaching and healing ministry of Jesus Christ.'"

LLUH is always seeking individuals who feel connected to the mission, vision, and values of the institution, and who have the time to commit to giving back on a consistent, long-term basis with the purpose of helping others. For more information on how to become a volunteer, call volunteer services at 909-558-8022 or visit the website www.lomalindavolunteers.org.

Center for Christian Bioethics celebrates 30 years with lecture series

Contributed report

Loma Linda University Center for Christian Bioethics will celebrate its 30th anniversary with two lectures by Victoria Sweet, MD, PhD, on April 26.

Sweet—an associate clinical professor of medicine at the University of California, San Francisco—is a medical historian and author of *God's Hotel: A Doctor, A Hospital, and a Pilgrimage to the Heart of Medicine*.

Her first lecture, "History of Medicine: On Hildegard of Bingen," will draw on her doctoral research and her second, "Reflections on God's Hotel," will draw on her experiences practicing medicine at San Francisco's Laguna Honda Hospital and Rehabilitation Center.

Admission is free to both lectures, which will be held in the Centennial Complex Damazo Amphitheater. The first begins at 11:30 a.m. and the second at 3:30 p.m.

For more information, send an e-mail to bioethics@llu.edu.

The Center for Christian Bioethics opened its doors in January of 1984 and serves to enhance teaching, research, and service in biomedical ethics and related fields at Loma Linda University Health.

The center's programs include its Bio-

Continued on page 11

Fourth annual Black History Vespers and Dinner ...

Continued from page 4

"The goal for us today is to pay it forward by contributing to the basic unit of society, the family," he noted. "The best day to make history is today."

Fox also told of individuals who made it possible for him to obtain a quality education by offering a helping hand at key junctures in his personal pilgrimage.

"My life has been touched by the costly generosity of many persons in my past," he noted. He challenged attendees to pay it forward by costly generosity toward those coming behind.

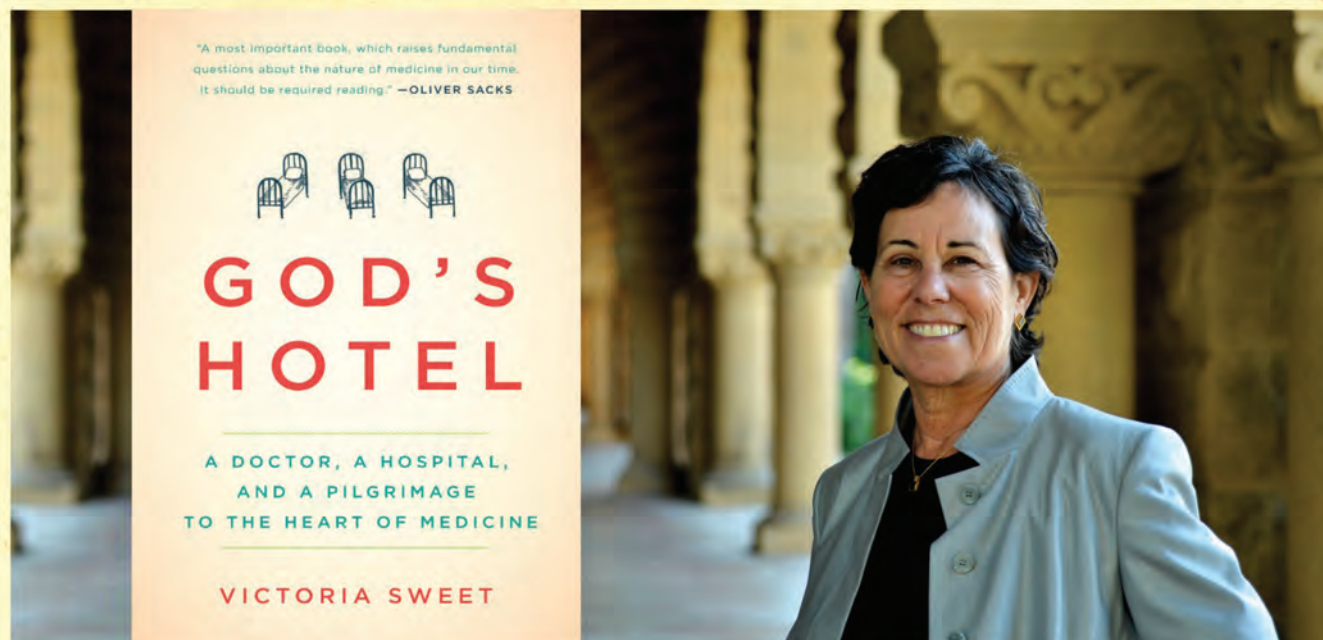
"Make a difference," he concluded. "Be black history today, for today will be yesterday tomorrow."

The Center for Christian Bioethics

April 26, 2014

Celebrates 30 Years

With Physician, Medical Historian, & Celebrated Author Victoria Sweet, MD, PhD



History of Medicine: On Hildegard of Bingen

11:30-1:00 pm

Reflections on *God's Hotel*

3:30-5:00 pm

Damazo Amphitheater | Centennial Complex Building

24760 Stewart Street
Loma Linda, CA 92350

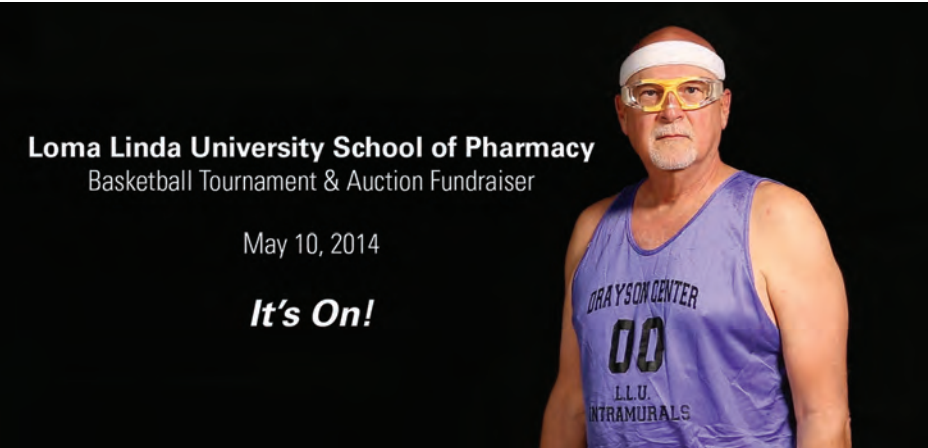


For questions contact:
bioethics@llu.edu | (909)558-4956

LLUCH physicians receive Award for Exemplary Service to Victims of Crime



On Monday, April 7, a ceremony organized by the Victims Advocacy Division of the San Bernardino district attorney’s office was held. The ceremony kicked off National Victims’ Rights Week. Physicians serving at the San Bernardino County Children’s Assessment Center were honored with the first annual Award for Exemplary Service to Victims of Crime, including Clare Sheridan-Matney, MD, third from left, chief of pediatric forensics, Loma Linda University Children’s Hospital (LLUCH); Mark Massi, MD, right, pediatric forensics, LLUCH; and Amy Young-Snodgrass, MD, left, pediatric forensics, LLUCH. San Bernardino County District Attorney Michael Ramos, second from left, presented the award. *By Larry Kidder*



School of Pharmacy to host basketball tournament and auction fundraiser

Contributed report

The Loma Linda University School of Pharmacy will host a basketball tournament and auction fundraiser on Saturday evening, May 10. All proceeds will go toward the 2014 Romania medical mission trip and will be used to provide medical care to hundreds of patients in Romania who have limited or no access to health care. With their \$5 entry fee, attendees will be automatically entered into an opportunity drawing for an iPad.

Additional tickets may be purchased for \$1 each. Items will be on display for a live and silent auction, and snacks and drinks will be provided. Tip-off is 8:00 p.m. The basketball tournament will feature eight teams consisting of students, faculty, and alumni. The deadline for early team registration is April 26; the registration fee is \$250. After April 26, registration is \$350. Team members must wear team jerseys and non-marking shoes, and have submitted a medical release form. Teams should check in outside the Drayson Center by 7:15 p.m. For more information about registration and form submissions, call Ariani Waworuntu at 951-317-1992 or email awaworuntu@llu.edu.

Deputy vice-chancellor of Pacific Adventist University visits LLUH ...

Continued from page 5
“especially our graduate programs in health sciences.”
With more than 1,000 students from Papua New Guinea and other Pacific islands, PAU is one of only six universities in the county. Four of the others are state-owned, and the fifth is Catholic. PAU currently offers undergraduate and graduate programs in six schools: arts & humanities, business, education, health science, science & technology, and theology.
The main campus, known as Kolari Park, is situated on a garden-like estate of more than 116 acres. In addition to classrooms, housing, and administrative buildings, it features lakes and wooded areas for students and faculty to enjoy.
The university also maintains campuses in the Papua New Guinea communities of Lae and Rabaul as well as Fulton College in the Fiji Islands and an affiliated program at Atoifi Hospital on the island of Malaita in the Solomon Islands.
“Pacific Adventist University is very highly regarded in the country,” Mafile’o notes, adding that the organization had to turn away more than 1,000 applicants this year and wishes it could accommodate more students. “This is a very dynamic, exciting place to serve.”
Before she was deputy vice chancellor, Mafile’o served the university as director of counseling at the School of Education, and director of research. Prior to joining the PAU faculty seven years ago, she lived in New Zealand and the Kingdom of Tonga.

Community Health & Wellness Fair

at Highland Springs Medical Plaza

A day of fun for the whole family at this FREE community health fair

10+ Health Screenings
Kids Arts & Crafts
Free Food Samples
Farmers Market
Petting Zoo
Meet Our Doctors
Pet Adoption

Cooking Demos
Food Trucks
Prize Drawings
KFRC 95.1

Highland Springs Medical Plaza
81 S. Highland Springs Avenue
Beaumont, CA 92223

Sunday May 4, 2014
10:00am-1:30pm

Highland Springs Medical Plaza
In Collaboration

Sports medicine pioneer and alumnus Frank Jobe remembered

By Nancy Yuen

Family, friends, and colleagues of renowned orthopedic surgeon Frank Jobe, MD, gathered at Dodger Stadium on Monday, April 7, to remember and celebrate his life. Jobe was born July 16, 1925, in Greensboro, North Carolina, and passed away March 6 in Los Angeles. He was 88.

Dr. Jobe earned his MD degree from Loma Linda University in 1956. “Dr. Jobe is one of the university’s most recognized graduates,” says Roger Hadley, MD, dean, LLU School of Medicine. “Many would consider him the father of sports medicine.”

During the service, family members sat in the Dodgers dugout as Vin Scully, Tommy John, Jobe’s son Meredith, and three of his colleagues spoke. As they recalled the impact Jobe had made on their lives and on the lives of his patients and colleagues, students, and friends, hundreds of physicians, physical therapists, and staff from the Kerlan-Jobe clinics listened from the stadium seats above. All of the six Kerlan-Jobe clinics had closed so that staff could attend the service.

James Tibone, a sports medicine specialist at the Kerlan-Jobe Orthopedic Clinic, recalled his mentor, partner, and friend as a magician in the operating room. “He was smooth, with no wasted motion. He never rushed, but his surgeries took half as long as other surgeons.”

Then, the retired athlete who is Jobe’s most famous patient introduced himself. “I’m Tommy John,” he said. “I’m the guinea pig.”

John then recalled what happened after the injury in 1974 which nearly ended his pitching career. While wearing Dodger Blue and pitching against the Montreal Expos, he felt horrendous pain in his left

arm. After exiting the field, he asked for Dr. Jobe. Jobe would later recommend a surgery that had never been attempted—replacing John’s torn ulnar collateral ligament.

“Dr. Jobe told me if I didn’t have the operation, there was no chance I would pitch again,” said John, “but if I had the operation, there were two or three chances out of 100 that I could come back. That was better than zero chances.”

After taking time to think about it, John met with Jobe in his office. “I told him, ‘Let’s do it. If you do your job, I’ll more than do my job.’”

After recuperating from the surgery, John would go on to pitch for 14 more years without missing a start, and would win 164 additional games.

John emphasized that while Jobe was a brilliant surgeon, “I considered Frank my friend. Losing him hurts a lot.”

During the service, Japanese player Masumi Kuwata remembered Jobe in a video. Jobe performed the Tommy John surgery on Kuwata in 1995, extending the pitcher’s career. Their friendship endured—Kuwata returned to Los Angeles every year and took Jobe to dinner.

Jobe’s son, Meredith, told anecdotes about family summers spent on a farm with his dad. Of the surgery that made his father a household name, he said, “The public knew Frank Jobe as Tommy John’s surgeon. It was the convergence of a great doctor and a perfect patient.”

Jobe became physician of the Los Angeles Dodgers in 1968, and served as medical director until his retirement in 2008. He continued his affiliation with the team as special advisor to the Dodgers’ chairman. He enjoyed attending games, celebrating the team’s wins, and

conversing with the players and staff.

Neal ElAttrache, who was named team surgeon after Jobe’s retirement, said he was “touched and affected [by Jobe] in very profound ways, as were the 300 fellows he mentored. ... It tells you something about a man that his greatest pride comes from the people he produced—his family and his fellows.”

Dodgers broadcaster Vin Scully remembered his friend. “We are so much richer for having known Frank. He had a happy life that went the full nine innings. He was a man of substance. He spent a lifetime giving back.”

Dr. Jobe approached his early training as a physician with the mindset he adhered to all of life. “You show up,” he says. “You work hard. You want to learn.”

In the celebration of life program, fam-

ily recalled one of Jobe’s favorite sayings, “It will all be OK.” They wrote: “The loss that we feel is tempered by the realization that Frank Jobe changed us; as a husband, a father, a grandfather, a physician, a mentor, a friend, and an innovator. But most of all, as a quiet force of good that every day represented the ability to realize one’s potential for good in this world.”

According to an ESPN report, there are 366 pitchers among all players on active 40-man rosters in Major League Baseball. If it weren’t for Jobe, the number would be reduced by about 25 percent. Coaches, team owners, players, and sportswriters agree that Jobe has done the most of any doctor to change the face of baseball.

Jobe is survived by his wife, Beverly, four sons: Christopher, Meredith, Cameron, and Blair, their spouses, and eight grandchildren.



Family, colleagues, and patients of Frank Jobe gather on the field of Dodger Stadium following a celebration of life ceremony on April 7, 2014.

Living it comes naturally to new vice president for business development at LLUMC

By Elizabeth Santos

Whether hiking around the snowy peaks in Banff, Canada, surfing in San Onofre, playing sports, or exploring trails in Torres del Paine, Chile, it’s obvious that Peter Baker, MBA, JD, knows how to “Live It.”

Formerly vice president of business development at Glendale Adventist Medical Center, Baker began his new role at Loma Linda University Medical Center beginning in December 2013.

As vice president for business development, he is a key member of the team, working to develop a health care network of physicians and hospitals in Riverside and San Bernardino, assisting Loma Linda

University Health in developing a model to implement population health management.

Baker is no stranger to Loma Linda University Health, though.

Involved with business development and contracting, he was on the team that helped start the Loma Linda University Medical Center Murrieta facility, and distinguished himself through his thoughtful management and attention to relationships.

“I believe that Peter brings an openness to learn more about our organization, a focus on mission that links directly with Loma Linda University Health, and a knowledge base that will cross-pollinate our understanding of the market and business development tools with what he has learned during his time with Adventist

Health,” says Steven Mohr, chief financial officer for LLUMC.

As a leader, Baker makes it a priority to help his team grow and reach its full potential. “Set expectations, but don’t micromanage,” he says. “I want people to be able to take ownership and feel responsible for their work by allowing them to have the freedom to be creative and do things how they see fit.”

Baker is committed to promoting wellness and enjoys working to meet the needs of communities that are underserved. Among his many travels, he spent a year in Pohnpei teaching high school English and science. His past education includes a BBA degree in accounting from Pacific Union College, a master of business administration degree, and a juris doctor degree from Golden Gate

University School of Law.

In his spare time, he enjoys traveling, sports, reading, and anything that involves being outdoors.



Peter Baker, MBA, JD



Baker surveys the view from a snowy peak in Banff, Canada.

Nursing research studies . . .

Continued from page 1

with an idea the researcher wishes to test, data is gathered, sorted into categories, and analyzed until it leads to its own conclusions.

While she did not start from a hypothesis, Pfeiffer had three specific aims in mind. She wanted to identify nurses’ perspectives on strategies they use to create a healing environment and enhance well-being, outcomes they perceive resulting from these strategies, and factors they regard as inhibiting or enhancing the creation of the healing environments.

In reporting her findings, Pfeiffer notes that the embodied spiritual beliefs and practices of nurses are among the greatest resources they bring to the creation of healing environments for their patients.

“These Christian nurses were committed to providing patient-centered care whether

in explicit spiritual care encounters or in the manner in which all care was given, while focused on priority patient needs,” she observes. “Nurses’ individual and collective knowledge also offers the institution strategies to create a healing environment and best potential institutional practices.”

Taken together, these three studies reveal a small cross-section of studies currently being conducted by nurses at Loma Linda University Health, and highlight the important contributions of nursing researchers to evidence-based practice.

“We are gratified to see the excellent research being conducted on our campus,” notes Patti Radovich, PhD, manager of nursing research at LLU Medical Center. “Tomorrow’s patients will enjoy better care and improved health outcomes thanks to the work these researchers are doing today.”

AOA medical honor society inducts new 2014 members

By James Ponder

Thirty members of the Loma Linda University School of Medicine class of 2014 were inducted into membership in Alpha Omega Alpha (AOA), the nation's honor medical society, along with two faculty members and two house staff physicians on Wednesday, March 19. The ceremonies took place during the annual AOA banquet at Chen Fong Conference Center in the Centennial Complex.

The new initiates are simultaneously inducted as members of the AOA's Epsilon chapter of California, which is based at the school. In his welcome to the event, Jared Schober, student president of the chapter, elicited laughter for describing his fellow initiates as "super nerds." He added that, "for better or worse, we are people who hold ourselves to a higher standard than most."

After the meal, Danny Wongworawat, MD, councilor for the Epsilon chapter, introduced the initiates from the class of 2014: Jordan Aney, Sara Aney, Traci Bailey, Jared Schober, Jeffrey Cho, Kevin Crawford, Kindra Eidson, Brett Escarza, Michael Fergusson, Annie Hong, Hayley Hunt, Todd Kramer, Molly Lewis, Nellie Nadeau,

Khanh Nguyen, Marlen Pajcini, Torrey Parry, Anh Tuan Pham, Amy Bellinghousen Stewart, Alison Schultz, Blake Spitzer, Erik Valenti, Jonathan Van Ornam, Rob Vercio, Hillary Wagner, Ingrid Wahjudi, Billy Wang, Joshua Westernen, Sharon Wirawan, and Michael Zumwalt.

"Our Epsilon chapter of Alpha Omega Alpha is committed to electing students, residents, and attending physicians who dedicate their professional lives to scholarship, leadership, and service in medicine and community," Wongworawat noted. "This year, we are pleased to announce the election of 30 students, two house staff members, and two attending physicians."

In his introduction to the two faculty

initiates, H. Roger Hadley, MD, dean, observed that inductees J. Paul Jacobson, MD, and Paul Herrmann, MD, are known for top-flight expertise and mentoring skills.

Introducing the two house staff inductees—Peter Bouz, MD, and Paggie Kim, MD—Hadley pointed out that both have done excellent work in patient care.

In his introduction of the guest speaker, Hadley noted that Linda Brubaker, MD, dean, chief diversity officer, and professor of urology at the Stritch School of Medicine at Loyola University Chicago, "is to reconstructive gynecology what Henry Ford was to automobile design."

After thanking Hadley and the school for inviting her to speak, Brubaker dis-

cussed the importance of spirituality.

"As you expand your knowledge of who you are," Brubaker began, "you can create and enlarge an arc in which patients can intersect with you. That arc can and should include spirituality—both your own and the patient's. In our medical school atrium, Matthew 25:36 stands out: 'I was ill and you cared for me.' Regardless of your faith traditions, that verse stands at the core of our profession—you cared for me."

Election to membership is an honor signifying a lasting commitment to scholarship, leadership, professionalism, and service. Nationally, about 3,000 students, alumni, house staff, and faculty are elected each year.



School of Pharmacy announces new community residency

Contributed report

A new residency program will begin in July 2014 for students of LLU School of Pharmacy, made possible through funding of \$70,000 from the Pacific Pharmacy Group.

Billy Hughes, PhD, dean, School of Pharmacy, explains that, during a 2012 exit interview with the Accreditation Council for Pharmacy Education, "the visiting team suggested that more emphasis be placed on community pharmacy opportunities, including residencies."

The new residency, designed for first-year doctor of pharmacy students, is only the fourth of its kind in the state of California, allowing Loma Linda University to become a leader and innovator in this area of health care.

Pacific Pharmacy Group (PPG), based in Southern California, is an independent pharmaceutical group that has served the community for more than 165 years combined. This group places a strong emphasis in bringing pharmacists and additional health care providers together to better serve their communities.

Gerard Rivera, PharmD, class of 2011, will serve as the residency coordinator. Rivera was named director of pharmacy of PPG in November 2013 after serving as a pharmacist in charge at Newport Lido Pharmacy (one of PPG's independent pharmacies) for more than a year. Rivera was recently named LLU School of Pharmacy Alumnus of the Year for 2014.

Naomi Florea, PharmD, chair of the school's department of experiential and continuing education, reaffirms Rivera's accolades. She says, "Dr. Rivera has strong leadership and interpersonal skills. In addition, he has proven to be astute at managing an independent pharmacy and creating significant growth in sales within the company."

Rivera is largely credited for introducing Pacific Pharmacy Group to the School of Pharmacy as well as for the formation of this residency.

He says, "With the help of Dr. Naomi Florea, I connected my company, Pacific Pharmacy Group, with Loma Linda University Medical Center and the Veterans Affairs Loma Linda Healthcare System. After discussing the benefits of this col-

laboration, PPG decided to fund the entire residency."

Norm Hamada, PharmD, director of clinical pharmacy services at LLU Medical Center, will serve as the program director. He explains, "This will be a program that will benefit both the resident and the program coordinators. The residents will be in a better position to manage an outpatient operation upon completion of the program and, at the same time, will help develop new programs at rotation sites. This will be a unique opportunity for each resident to experience many different outpatient practice settings as well as academic settings."

This first-year residency program is quite diverse. During the program, the residents will earn a teaching certificate and rotate through various LLU-based clinical sites and five independent PPG pharmacies. The rotations will focus on long-term care, compounding, travel vaccination/immunization, and durable medical equipment. The residency is geared toward helping School of Pharmacy students and graduates grow as professionals.



Gerard Rivera, PharmD, class of 2011, will coordinate the new pharmacy community residency.

Hugh Armitage finishes strong after conquering prostate cancer . . .

Continued from page 12
find support from Jesus in that saying."

Now that he is cancer-free, Armitage enjoys talking with other men who have just been diagnosed. He tells them to do their own research about treatment options without shutting themselves off from family and friends.

"I tell them to look to God, to Jesus, for guidance, and once they've made their decision, to never look back," he reports. "I tell them, 'have faith in God.'"

Armitage scans the crowd at the finish line looking for Carol Davis, PsyD, DrPH, education program director for radiation medicine at LLUMC. Davis was so supportive during his treatment program that Armitage invites her to lunch whenever he's in town. Suddenly, she emerges from the crowd with her daughter, Victoria, both dressed in race attire. They crossed the finish line moments before spotting him.

"Hugh's a quintessential example of what we encourage our patients to do," Davis observes. "We tell patients that exercise is known to lower recurrence rates in

prostate cancer survivors, and it's important that they understand this. Hugh has really taken it to heart."

As Davis finishes, the race director starts to announce the winners of today's run by category. Armitage listens intently.

"With a winning time of 26 minutes, 57 seconds," the announcer reports, "the winner in the category of men age 55 to 59 is Hugh Armitage."

Armitage looks shocked. Not only did he win his division, he also finished five seconds faster than the original estimate.

Moments later, he is engulfed in hugs and high fives from his friends.

Editor's note: Although Armitage was announced as the winner the day of the race, the official race rankings, which can be viewed online at <http://www.geminitiming.com/wp-content/uploads/2014/03/divisions1.htm#55-59%20Male>, show that Jerry Porras of Highland, California, actually beat him by slightly more than four seconds. Armitage was unfazed by the loss. A few weeks after the event, he flew to Europe and participated in the Paris marathon.

Reportable Crimes

The Crime Awareness and Campus Security Act of 1990 requires Loma Linda University Health to publish interim reports on campus crime activities. Listed below are the crimes reported for the month of March 2014.

Type of Crime	Number of Crimes	Place of Crime
Burglary Motor Vehicle	3	Lot C; Daniells Residence; East Campus Hospital
Auto Theft	5	Medical Center (2); Lot A (2); North Parking Structure
Disturbing the Peace	1	Medical Center
Kidnapping	1	Ronald McDonald House
Child Abuse	1	Professional Plaza

You can assist the department of security in maintaining a safe and secure environment by notifying security immediately at extension 9-1-1 if you see or know about a crime taking place.

Don Blanton's radiation vacation

By James Ponder

Don Blanton flashes a radiant smile as he describes the "radiation vacation" he and his wife, Connie, enjoyed during his proton therapy for prostate cancer at the James M. Slater, MD Proton Treatment and Research Center.

"We had a wonderful time," he beams.

The North Carolina natives transferred to Albuquerque, New Mexico, where Don retired a decade ago as vice president of human resources at Sandia National Laboratories, which Lockheed Martin manages for the U.S. Department of Energy at Kirt-

land Air Force Base. It was there on the golf courses of Albuquerque that he saw the power of proton therapy.

"I do love to play golf," he admits. "About 10 years ago, one of my friends announced he was going to Loma Linda for proton treatment. A couple months later, he was back on the course as if nothing had happened. Altogether, I've had four other friends who got prostate cancer and came to Loma Linda. None of them had any side effects."

Don was not surprised when he was diagnosed with the disease in mid-November 2013.

"I won't say I was shocked," he admits.

"My dad had prostate cancer 40 years ago, so I've always watched my PSA score. I was mentally prepared for the diagnosis. Still, it did make me anxious. I thought about my own mortality. I can't imagine how people who don't have faith can do it."

At Loma Linda, Don was impressed with the friendliness of the people.

"The receptionist knew my name," he recalls. "She said, 'Hello Mr. Blanton.' I told her to call me Don. The next time I saw her, she said, 'Hello Don.' This is the friendliest hospital environment I've ever seen. You walk down the hallway and people in scrubs look you in the eye and say 'Hello.'"

After starting the procedure January 17, Don discovered it was pain-free. "About midway through treatment, I had a little bit of burning sensation, but they prescribed ibuprofen and it's been fine ever since," he reports. "I had absolutely no other side effects."

In Loma Linda, Don and Connie took advantage of their free time—the daily treatment lasts less than an hour—to see the sights of Southern California, visit local restaurants, and meet new friends.

"We've met nothing but quality people," he says. "Everyone was wonderful!"

As much as he enjoyed Loma Linda, Don is excited about returning home. He doesn't miss a beat when asked what he misses the

most about New Mexico.

"I'm looking forward to a real chile relleño," he replies. "There's an awesome place called La Salita out by the Air Force base. I can hardly wait to get back there for some of that cheesy good stuff."



Don Blanton, a 2014 alumnus of proton therapy for prostate cancer, thoroughly enjoyed receiving treatment at the James M. Slater, MD Proton Treatment and Research Center at Loma Linda University. The thing he missed the most about his home state of New Mexico was the food. "I'm looking forward to a real chile relleño," he says.

Loma Linda University Health part of team to help improve health in San Bernardino County

By Herbert Atienza

The 2014 San Bernardino County Partners for Better Health Team has been selected to participate in the National Leadership Academy for the Public's Health (NLAPH) program, funded by the Centers for Disease Control and Prevention (CDC), headquartered in Atlanta, Georgia.

Members of the San Bernardino County team include: Dora Barilla, assistant vice president for strategy and innovation, Loma Linda University Health; Evette De Luca, director, Partners for Better Health; George Searcy, executive director, Hope Through Housing; and Trudy Raymundo, public health director, San Bernardino County.

NLAPH is a national program focused on improving population health by working with multi-sector leadership teams and training these teams through an applied, team-based collaborative leadership development model.

The program is implemented by the Center for Health Leadership and Practice (CHLP), part of the Public Health Institute (PHI), and will provide training and support for a period of one year.

"This program will impart population health teams with the skills to lead across sectors and collaboratively solve complex population health problems in innovative ways," says Carmen Rita Nevarez, MD, MPH, vice president for external relations and CHLP's director.

She continues, "These are the types of leaders who will ultimately be able to drive critical efforts, such as the adoption of evidence-based policies and practices at the community level, which can have a tangible impact on health outcomes."

"The San Bernardino County team will assess and make recommendations regarding innovative cross-sectorial models giving us the necessary framework for strategies that will ensure sustainability of preventive and population health services," Raymundo explains.

Barilla attests, "We at Loma Linda University Health are very proud to be part of this team that will work to improve the health of residents in San Bernardino County." She suggests, "Improving our community's health includes many components and requires strong partnerships among community members that share the same goal."

NLAPH will provide training and support to assist the team in successfully addressing public health issues in San Bernardino County.

Training and support will focus on two tracks.

The first is the development of leadership skills, including personal and collaborative in a multi-sector environment.

The second emphasizes growth from team-based collaborative work to policy and systems change.

NLAPH is provided at no cost to the participants or the community.

Tip-A-Firefighter

The Old Spaghetti Factory
Tip-A-Firefighter benefiting
Loma Linda University
Children's Hospital

Tuesday, April 22, 2014
11:30 am - 2:00 pm
5:00 pm - 9:00 pm

The Old Spaghetti Factory
1635 Industrial Park, Redlands

All tips collected by the firefighters will be donated to
Loma Linda University Children's Hospital

Public health students reach out during National Public Health Week



The country marked National Public Health Week April 7–13. The School of Public Health student association noted the occasion on campus by holding a health education outreach booth outside of the LLU Week of Renewal chapel services Monday through Thursday, addressing a different aspect of public health each day. The week concluded with a screening of “A Place at the Table,” a documentary about food insecurity in the United States, co-sponsored by the Nutrition Council student association. In the photo, from left to right, are School of Public Health students at the outreach booth: Ahmed Al Abdrabalnabi, Eiman Al Ghmd, Lea Urita, Yohani Ramos, Marsha Gelin, and Melissa Bingham. *By Heather Reifsnyder*



Cheetah, Burmese python to visit LLUH campus with San Diego Zoo’s Safari Park Tour

By Herbert Atienza

Wild animals, including a cheetah and a Burmese python, are expected to awe the crowd as San Diego Zoo’s Safari Park Tour comes to

Loma Linda University Health. The wild animal presentation is set for 11 a.m. to 1 p.m. on Tuesday, May 6, on the campus lawn located between the University Church and Prince Hall, 11092 Anderson Street, Loma Linda, 92350. The event is open and free to the public.

“We’re very excited to once again host our friends from San Diego Zoo and give our students, employees, and local friends and families a glimpse of the wonderful creatures that live on our planet,” said Rick Williams, vice president for enrollment management and student services at Loma Linda University Health.

Aside from the cheetah and the Burmese python, other animals that are expected to be part of the tour include a Eurasian eagle owl and a serval. This year’s tour at Loma Linda University Health will highlight San Diego Safari Park’s Tiger Trail exhibit. Opportunity drawings will be held at the event, including tickets to San Diego Zoo and San Diego Safari Park, and a one-night stay at Comfort Inn and Suites Zoo-Sea World area.

Last year, more than 1,000 people turned out for a similar visit by representatives from the San Diego Zoo, promoting the zoo’s new Conrad Prebys Australian Outback exhibit. Among the creatures showcased last year: a koala, red kangaroo, kookaburra, blue-tongued skink, and a cane toad.

In the photo above, a cheetah will grace the campus of Loma Linda University Health as San Diego Zoo’s Safari Park Tour visits the campus on May 6. *(photo courtesy of San Diego Zoo)*



LOMA LINDA UNIVERSITY
HEALTH

PossAbilities

Presented By
SAN MANUEL
BAND OF THE MISSION INDIANS
Founding Partner

12th Annual

TRIATHLON

5K RUN WALK ROLL

April 27 2014

All participants will receive official finish times and a finisher medal.
Three deep medals in all age divisions. Total prize payout of \$6,000 for all athletes.

5K Run/Walk/Roll

Adult Triathlon

• 3.1 mile run

• 11 mile bike

• 150 yard swim

Kid’s Triathlon*

• 1/4 mile run

• 1/4 mile bike

• 25 yard swim

Pre-register starting
January 1st or
Sign up to volunteer at

Search PossAbilities

PossAbilities provides resources and opportunities for people with diverse disabilities.

teampossabilities.org

Center for Christian Bioethics celebrates 30 years ...

Continued from page 6
ethics Grand Rounds held throughout the academic year. It also hosts roundtable discussions and the “Conversations with Authors” interview series.
The center boasts the Carolyn and Ralph Thompson Library, whose growing collection includes more than 20 journals and nearly 5,000 books.
The center’s publications have included the *Update* newsletter and three books, and it has participated in the publication of three others.
The latest book is a compilation of the presentations for the 2006 Jack W. Provonsha Lecture Series titled “Physician-assisted Suicide.”

Hugh Armitage finishes strong after conquering prostate cancer

By James Ponder

Hugh Armitage pushes hard across the finish line of the first annual Power of Inclusion 5K walk/run/roll to benefit PossAbilities at Loma Linda University Medical Center.

After flying to the Inland Empire the day before the March 16 event, Armitage, a 59-year-old dam safety engineer for Southern Company in Atlanta, got up early to prepare for the race and arrive before the 8:00 a.m. scheduled start.

Armitage notes his unofficial time of 27:02. That's not bad for 3.1 miles of hard running, but he isn't sure it's good enough to take first place in his age group.

"I've been running for five years," he says. "My youngest daughter is my inspiration. I started running here at Loma Linda in 2009."

At the time, Armitage was receiving proton therapy for prostate cancer at the James M. Slater, MD Proton Treatment and Research Center when Jill, his daughter, came for a visit. "She asked if I wanted to go running," he remembers, "and we ran for a mile. Actually, I walked two-thirds of the way."

Never mind that he hadn't run since his teens, the running bug bit Armitage hard that day. Since then, he has run countless races and triathlons.

Ironically, it took a brush with mortality to prod him toward a fitness lifestyle.

He says receiving the diagnosis of prostate cancer initially made him angry. "My grandfather didn't get it until he was in his late 60s or early 70s," he says. "My father didn't get it until his 80s. I was ticked off that I got it too young, at 54."

Family and friends supported Armitage throughout the process from diagnosis to treatment. In addition to Jill, he mentions older daughter Nicole, ex-wife Barb, and dear friend Kerrie for bolstering his spirits and being supportive.

In a style befitting the best of the civil engineering profession, Armitage approached the process of evaluating treatment options carefully, methodically, and logically.

"I went to a prostate cancer support group in Atlanta and met other men who had been through it," he recalls. "I investigated surgery, cryotherapy, and traditional radiation with seeds." He also went for a consultation with a urologist/surgeon who had an excellent reputation for performing hundreds of robotic surgeries.

Armitage went ahead and scheduled the robotic surgery procedure, but when one of the members of the support group suggested he investigate proton therapy, Armitage traveled to the University of Florida to check it out.

"I liked what I saw," he notes, "so I signed up for protons there. They sent me a copy of Bob Marckini's book"—the bestselling



Victoria Davis, Hugh Armitage, and Carol Davis celebrate their successful completion of the first annual Power of Inclusion 5K run to benefit PossAbilities at Loma Linda University Medical Center. Armitage has been running for five years since taking up the sport while undergoing treatment for prostate cancer at the James M. Slater, MD Proton Treatment and Research Center in Loma Linda.

You Can Beat Prostate Cancer and You Don't Need Surgery to Do It—"and I read it."

In the book, Marckini describes how his own quest to defeat prostate cancer led him to protons at Loma Linda. After reading it, Armitage flew to Southern California to evaluate the program. He toured the Slater Center, attended a meeting of the support group, and made up his mind—partially, at least.

"I talked to a lot of the guys at Loma Linda and liked what I saw," he shares. "That's when I decided on proton therapy. I went home and canceled the [previously scheduled] surgery."

That left him with one other decision to make: Florida or California? Although leaning toward Loma Linda—"after all, they pioneered proton therapy"—he was still on the waiting list in Florida. He decided to put his name on the Loma Linda list as well and see which program called him first.

"I got in at Loma Linda about a week before they could have taken me in Florida," he reports. "I got fitted for my pod"—a restrainer that aligns the patient's body during each proton therapy session—"in early May and started treatment the Tuesday after Memorial Day 2009."

Looking back, Armitage says his proton experience at Loma Linda was excellent. "I keep going back to what I've heard about it being a proton vacation," he adds. "I lived my life normally, and was even able to work remotely on my job. There was time to visit Southern California attractions and to run, bike, and swim. There were no ill effects, and I met a lot of nice men and women."

"The spiritual aspect meant the most," he reports. "I always remember the statue of Jesus in front of the Medical Center saying, 'Come unto me all you that labor and are heavy laden and I will give you rest.' I always

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Study suggests black vegetarians at lower risk for heart disease than non-vegetarian blacks

By Herbert Atienza

Among more than 26,000 black Seventh-day Adventists, those who are vegetarians are at lower risk for heart disease, compared with their meat-eating counterparts, according to results of a new Loma Linda University Health study.

The study, available online now in the journal *Public Health Nutrition*, compared the cardiovascular risk factors between black vegetarians and non-vegetarians who are part of the ongoing Loma Linda University Adventist Health Study-2 (AHS-2).

AHS-2, funded by the National Institutes of Health (NIH), is a long-running study of Seventh-day Adventists throughout North America, focusing on nutrition, lifestyle, and health outcomes.

Seventh-day Adventists are a unique study group because they have a wide variety of dietary habits but in general have a very low percentage of alcohol consumption or cigarette smoking—non-dietary factors that may otherwise impact the study.

The new results show a hierarchy of protection received by black participants in the study based of their eating habits: vegans (those who completely abstain from meat and meat products) and lacto-ovo vegetarians (those who consume eggs and dairy) were the least at risk for cardiovascular disease; followed by semi-vegetarians (those who infrequently eat meat); pescovegetarians (those who eat fish); and lastly, non-vegetarians.

The study results show that compared with their non-vegetarian counterparts, black vegetarian Adventists were at less risk for hypertension, diabetes, high blood pressure, total cholesterol, and high blood-LDL cholesterol. The study was a cross-sectional analysis of the data, and does not conclusively establish cause.

In the future, the study researchers also plan to look directly at heart disease experience for black Adventists, rather than risk factors for heart disease.

"Some findings for black Adventists are promising," says Patti Herring, PhD, MA, RN, associate professor at Loma Linda University School of Public Health and one of the study's co-investigators, "and we are anxious to compare black Adventist health with the general population of blacks. In so doing, we suspect that black Adventists' health will prove better in many regards, than those in the general population, particularly for the vegetarians."

She continues, "There's a growing body of evidence that vegetarian diets lower the risk for cardiovascular diseases and other diseases," noting that AHS-2 is one of the few that has such a large number of black participants, which is important since they generally have some of the worst health outcomes among minority populations.

The abstract of the study is available by going to this link: <http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=9205599&fulltextType=R&fileId=S1368980014000263>.



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